



NATIONAL WEBINAR SERIES

JAGRATHA

A Community Extension Programme for
the Empowerment of Rural Women

REPORT 2024



A joint initiative of

**ARCHANA WOMEN'S CENTRE, ETTUMANOOR
&
ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA**



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OFFICE BEARERS OF JAGRATHA

Conveners



Prof. Dr. (Sr.) Beenamma Mathew
Principal
St. Thomas College of Teacher
Education, Pala



Prof. Dr. T. C. Thankachan
Vice Principal
St. Thomas College of Teacher
Education, Pala



Ms. Thresiamma Mathew
Director, Archana Women's
Centre, Ettumanoor

Coordinators



Dr. Alex George
Assistant Professor &
Teacher in charge
Community Extension Programme
STCTE, Pala




Sri. Paulson K. F.
Project Manager
AWC



Ms. Aileen Mariya Kuriakose
Student Coordinator
STCTE, Pala

Objectives

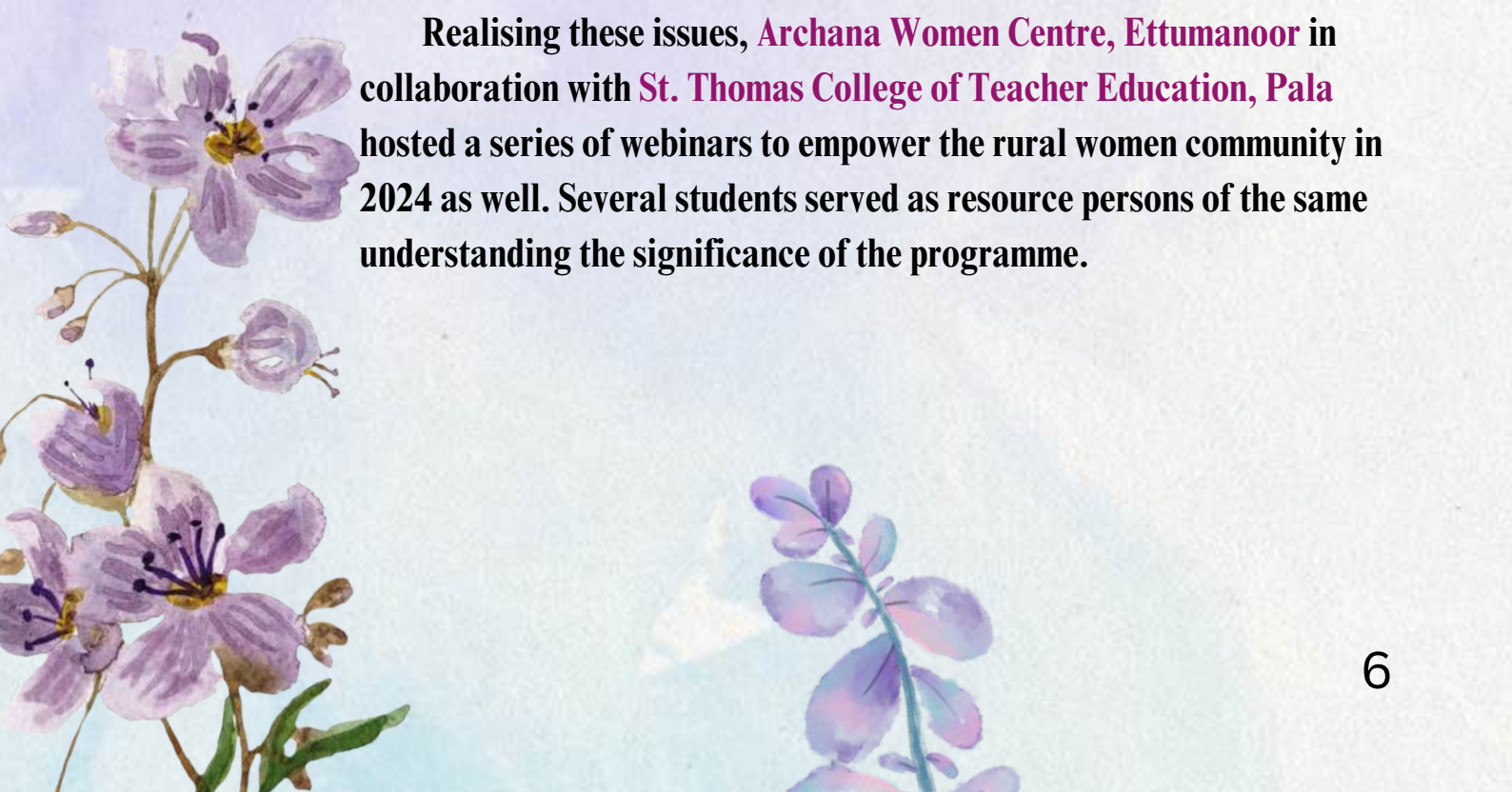
- **To safeguard women's rights for a healthy physical and mental condition.**
- **To empower the marginalized and under privileged women in the society.**
- **To equip the rural women to fight for their rights.**
- **To boost up women's strength by encouraging them to start- up a new venture.**
- **To conscientise the teacher trainees about the needs of the society and the nation and to act accordingly.**
- **To develop intellectually competent, morally upright, psychologically integrated and socially committed teachers for service in the emerging world.**



JAGRATHA'- IN DETAIL

‘JAGRATHA’, literally means ‘be careful’. As the name itself suggests this programme emerged as a result of some people’s care for society especially for women. Following the outbreak of the COVID-19 pandemic and the resulting lockdowns, people all around the world were suffering through several mental issues. As women being the connecting link of each home, they suffered a lot in managing those days of atmost isolation, especially the rural women.

Even after those hard times the significance of empowering women is relevant as they are the backbone of all cultures and societies. Their needs, wants and health needs to be prioritised and this can be done effectively through orientation programmes and awareness webinars.



Realising these issues, *Archana Women Centre, Ettumanoor* in collaboration with *St. Thomas College of Teacher Education, Pala* hosted a series of webinars to empower the rural women community in 2024 as well. Several students served as resource persons of the same understanding the significance of the programme.



ABOUT ARCHANA WOMEN'S CENTRE

Archana Women's Centre is the Kerala wing of Jyothi Jeevapoorna Trust (JJPT) registered under the Indian Trust Act 1882 (Reg.No.50/94). The trust is run by the Secular Institute - The Oblate Missionaries of Mary Immaculate. Ms. Thresiamma Mathew OMMI is the founder-director of the centre. Ms. Thresiamma Mathew with her unique vision strongly believed that it was not only economic empowerment that a woman needed but change in their role was also the need of the day.

Archana Women's Centre (AWC) propelled by its mission “fullness of life for all” is dedicated to empowering women through a conscious effort through its interventions. The mission of the organization is to work towards women's empowerment, leading to socio economic equality and harmony in occupational vicissitudes.





ABOUT ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA

St. Thomas College of Teacher Education Pala (STCTE), established in 1957, has to accredit almost seven decades of esteemed ceremony and saga in the field of Teacher Education, promulgating many aspiring teachers to enlighten the young minds. The college is situated in the semi-urban area at Pala in Kerala, catering to the needs of teacher trainees from diverse parts of the State. The college is owned by the Catholic Diocese of Palai. It is managed by St. Thomas College of Teacher Education Pala Education Trust and is affiliated to Mahatma Gandhi University Kottayam. Our college provides students with immense opportunities which enable them to strengthen their ethics, values and personality. This attribute is analogous with ‘fearlessness and truthfulness’, the qualities of St. Thomas, our Patron Saint.

The college was accredited at 4-star level by NAAC in 2000. It is the first Teacher Education Institution to be reaccredited in the State of Kerala with A+ grade by NAAC (second Cycle – 2007) with an institutional score of 92. The college was reaccredited with A grade (third cycle – 2014 with a score of 3.32) by NAAC.

Session 1

NATIONAL WEBINAR SERIES
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(Community Awareness Programme for Rural Women Empowerment)

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&
ST.THOMAS COLLEGE OF TEACHER EDUCATION, PALA


Google Meet

Day-1
06/01/2024
11.00am to 12.00pm


Mr. Deepu Ashokan
Yoga Therapist, Sky Yoga Prof., Msc
Yoga, District Ayurvedha Hospital (annexe)
Paremavu..

"Stress Management"

Conveners

Miss. Thresiamma Mathew
Director, AWC

Dr. Sr. Beenamma Mathew
Principal, St. Thomas College of Teacher
Education

Organizing Committee
Dr. Alex George (Co-ordinator, Extension Activities St. Thomas College of Teacher Edu.)
Sri. Paulson K F (Project Manager, AWC)
Smt. Sruthymol V S (Office Secretary, AWC)
Ms. Aleena Elizabeth Alex (Student coordinator)

The first session of 2024 is taken by Mr. Deepu Ashokan Yoga Therapist, Ayurvedha Hospital (annexe) Paremav on the topic "Stress Management" on 6/1/2024 from 11 pm to 12 pm. Around 65 people participated and they actively participated in the discussion.



Session 2

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 &
ST.THOMAS COLLEGE OF TEACHER EDUCATION, PALA


Day-2
16/03/2024
 11.00am to 12.00pm


"സ്ത്രീയും നേതൃത്വവും"
 Adv.Sr.Regy Augustine
 Gender & Human Rights
 Coordinator, AWC

Conveners

Miss.Thresiamma Mathew
 Director, AWC

Dr. Sr. Beenamma Mathew
 Principal, St. Thomas College of Teacher
 Education

Organizing Committee
 Dr. Alex George (Co-ordinator, Extention Activities St.Thomas College of Teacher Edu.)
 Sri.Paulson K F(Project Manager, AWC)
 Smt. Sruthymol V S(Office Secretary,AWC)
 Ms.Aleena Elizabeth Alex (Student coordinator)

Adv. Sr. Regy Augustine(Gender and Human Rights Coordinator) took a session on Women and Leadership on 16/04/2024 from 11 am to 12 pm. The session was so enlightening for the people as it gave them confidence in the self and increased their esteem. About 75 people participated and commented it helpful.





Session 3

NATIONAL WEBINAR SERIES

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&
ST.THOMAS COLLEGE OF TEACHER EDUCATION, PALA

Webinar-3

**"Who am I?, Self Identification
and Mental Health "**

Jithin Kalachira
Life Coach, Psychiatric Counsellor
Chairman @Motivation Monk

Saturday
4th May, 2024
11:00am-12.00 pm

link:
<https://meet.google.com/bjj-sqxp-zjy>



Jithin Kalachira : Life Coach, Psychiatric Counsellor and Chairman @ Motivation Monk took a session on "Who am I? Self Identification and Mental Health" on 4/5/2024 from 11 am to 12 pm. Around 65 people participated and they commented it fruitful.

Session 4

NATIONAL WEBINAR SERIES JAGRATHA-2024

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Sri.Subramanian S

Assistant Agricultural Officer - Retired
National Service Director,
Kisan Service Society

Day-4

27/07/2024

11.00am to 12.00pm



Google Meet

"use and benefits of millets "

Conveners

Miss.Thresiamma Mathew
Director, AWC

Dr. Sr. Beenamma Mathew
Principal, St. Thomas College of Teacher
Education

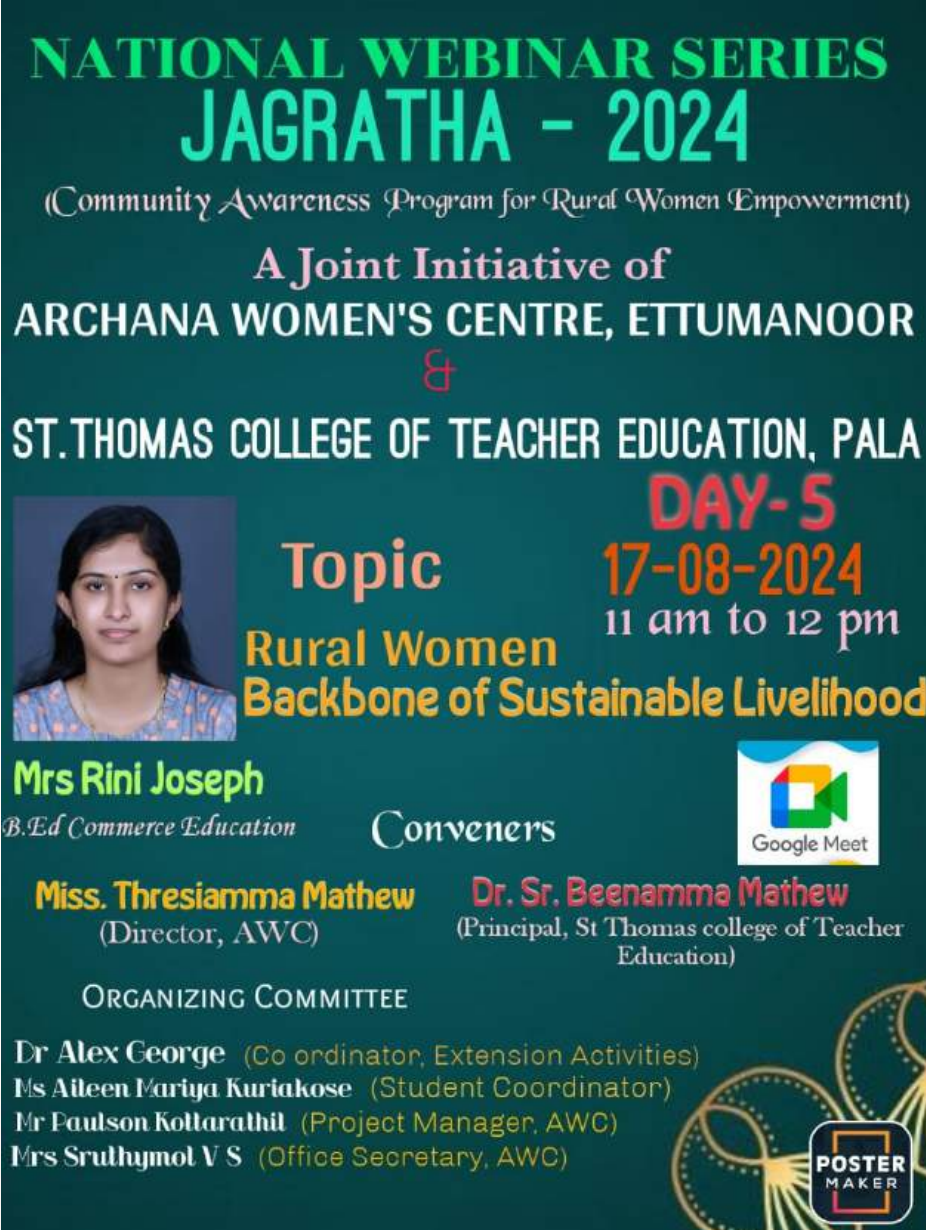
Organizing Committee

Dr. Alex George (Co-ordinator, Extention Activities St.Thomas College of Teacher Edu.)
Sri.Paulson K F(Project Manager, AWC)
Smt. Sruthymol V S(Office Secretary,AWC)
Ms.Aleena Elizabeth Alex (Student coordinator)

Sri. Subramanian S : Assistant Agricultural Officer (Rtd), National Service Director Kisan Service Society, took a session on "Use and Benefits of Millets" on 27/7/2024 from 11 am to 12 pm. People took benefit from the session as it is closely related to health and diet. Around 70 participants were there and they took benefit from the session.

STUDENTS AS RESOURCE PERSONS


Session 5



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DAY-5
17-08-2024
11 am to 12 pm



Topic
Rural Women
Backbone of Sustainable Livelihood

Mrs Rini Joseph
B.Ed Commerce Education



Conveners

Miss. Thresiamma Mathew
(Director, AWC)

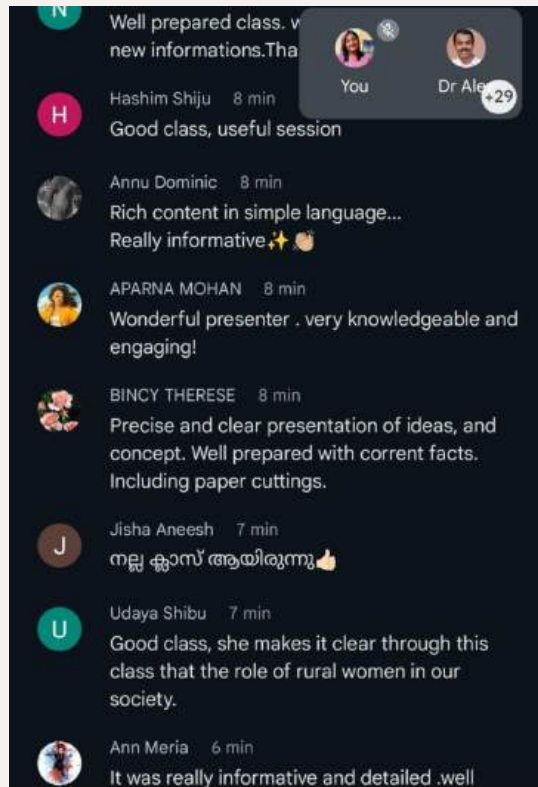
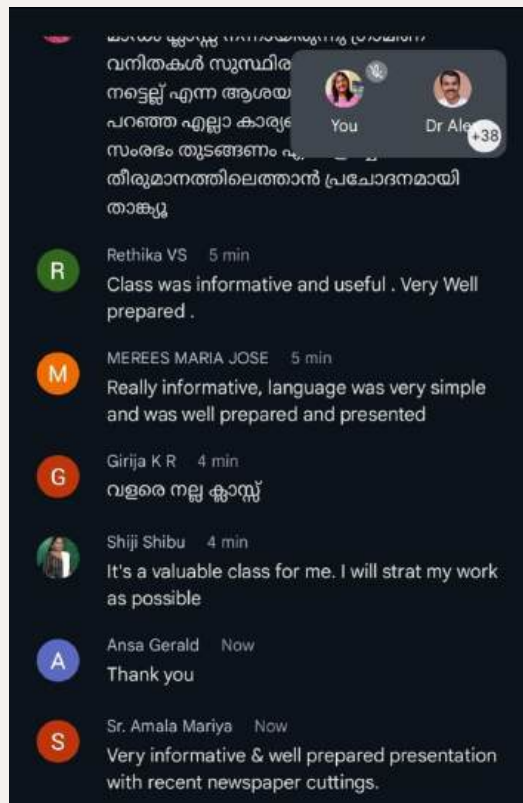
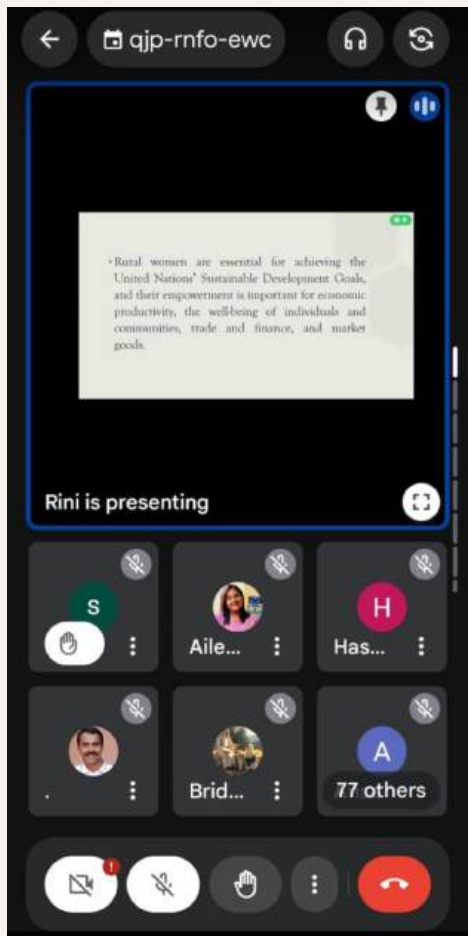
Dr. Sr. Beenamma Mathew
(Principal, St Thomas college of Teacher Education)

ORGANIZING COMMITTEE

Dr Alex George (Co ordinator, Extension Activities)
Ms Aileen Mariya Kuriakose (Student Coordinator)
Mr Paulson Kollarathil (Project Manager, AWC)
Mrs Sruthymol V S (Office Secretary, AWC)



Rini Joseph , II nd Year B.Ed. Student, Commerce Education of St. Thomas College of Teacher Education Pala served as the resource person for National Webinar Series, Jagratha-2024, Community Awareness Programme for Rural Women Empowerment, a joint initiative of Archana Women Centre Ettumanoor and St. Thomas College of Teacher Education Pala. She took a session on “Rural Women as the Backbone of Sustainable Livelihood” on 17/08/2024, 11 am to 12 pm. About 75 people participated and engaged in discussions after the session.




Session 6

NATIONAL WEBINAR SERIES
JAGRATHA-2024

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ARCHANA WOMEN'S CENTRE, ETTUMANOOR
&
ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA



Day-6
21/09/2024
11.00am to 12.00pm

meet.google.com/njd-woac-zeh

Aileen Mariya Kuriakose

"സ്വയം പരിചരണവും സമഗ്ര സുസ്ഥിതിയും"
(Self Care and Holistic Well-being)

Conveners

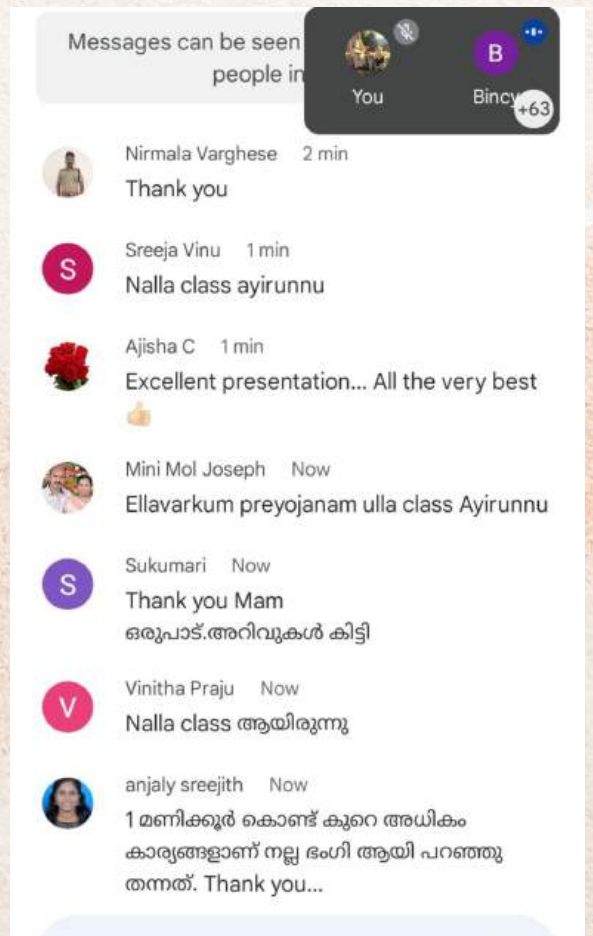
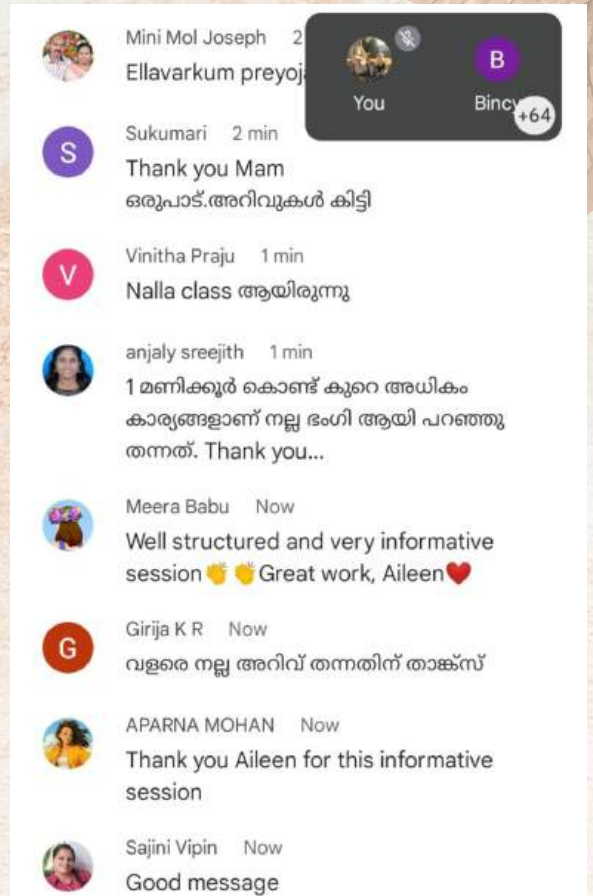
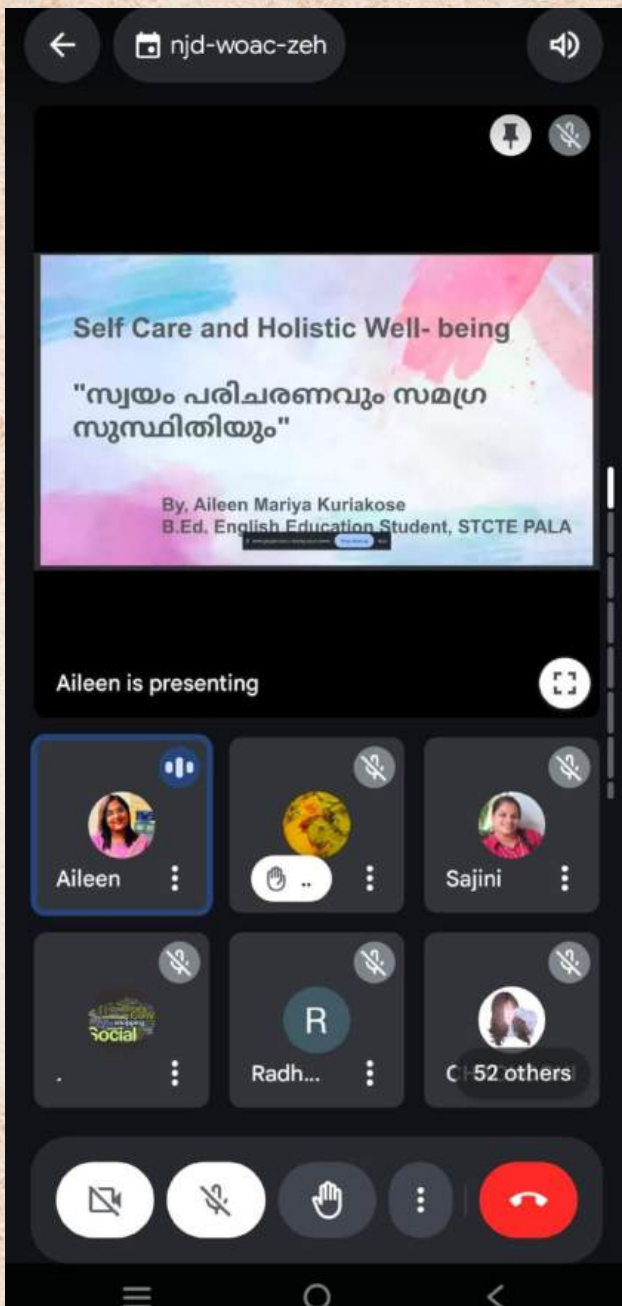
Miss. Thresiamma Mathew
Director, AWC

Dr. Sr. Beenamma Mathew
Principal, St. Thomas College of Teacher Education

Programme Co-coordinators
Dr. Alex George (Co-ordinator, Extention Activities St.Thomas College of Teacher Edu.)
Sri.Paulson K F(Project Manager, AWC)
Smt. Sruthymol V S(Office Secretary,AWC)
Ms.Aileen Mariya Kuriakose (Student coordinator)



Aileen Mariya Kuriakose, II nd Year B.Ed. Student, English Education of St. Thomas College of Teacher Education Pala served as the resource person for National Webinar Series, Jagratha-2024, Community Awareness Programme for Rural Women Empowerment, a joint initiative of Archana Women Centre Ettumanoor and St. Thomas College of Teacher Education Pala. She took a session on “Self Care and Holistic Well- being ” on 21/09/2024, 11 am to 12 pm. Around 70 people participated in the webinar and they commented it fruitful.



Session 7

NATIONAL WEBINAR SERIES **JAGRATHA-2024**

(Community Awareness Programme for Rural Women Empowerment)

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&
ST.THOMAS COLLEGE OF TEACHER EDUCATION, PALA**



Pooja Therese Sebastian



Google Meet

<https://meet.google.com/oby-izbn-yju>

Day-7

05/10/2024

11.00am to 12.00pm

"സ്മൃതി ശാക്തീകരണം ലക്ഷ്യംവെച്ചുള്ള സർക്കാർ പദ്ധതികൾ"

Conveners

Miss.Thresiamma Mathew
Director, AWC

Dr. Sr. Beenamma Mathew
Principal, St. Thomas College of Teacher Education

Programme Co-coordinators

Dr. Alex George (Co-ordinator, Extention Activities St.Thomas College of Teacher Edu.)

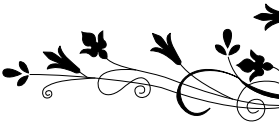
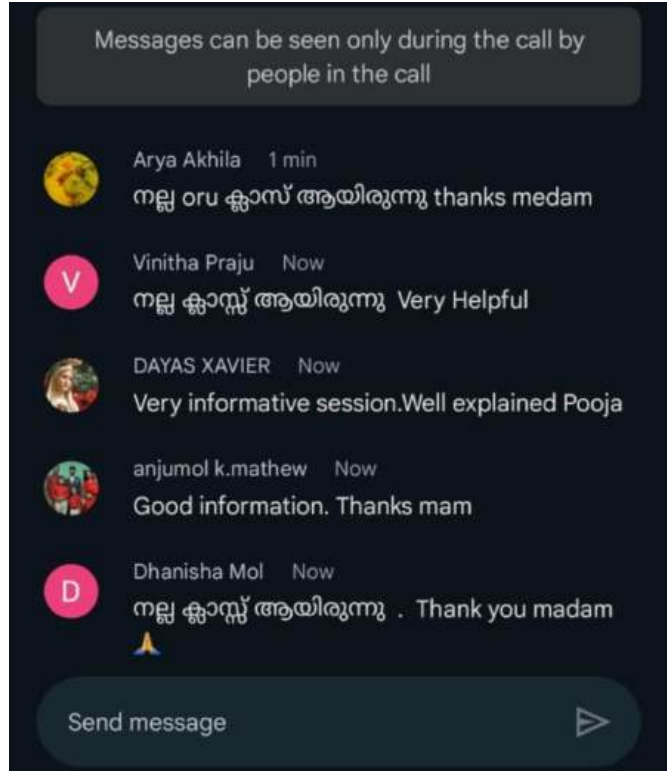
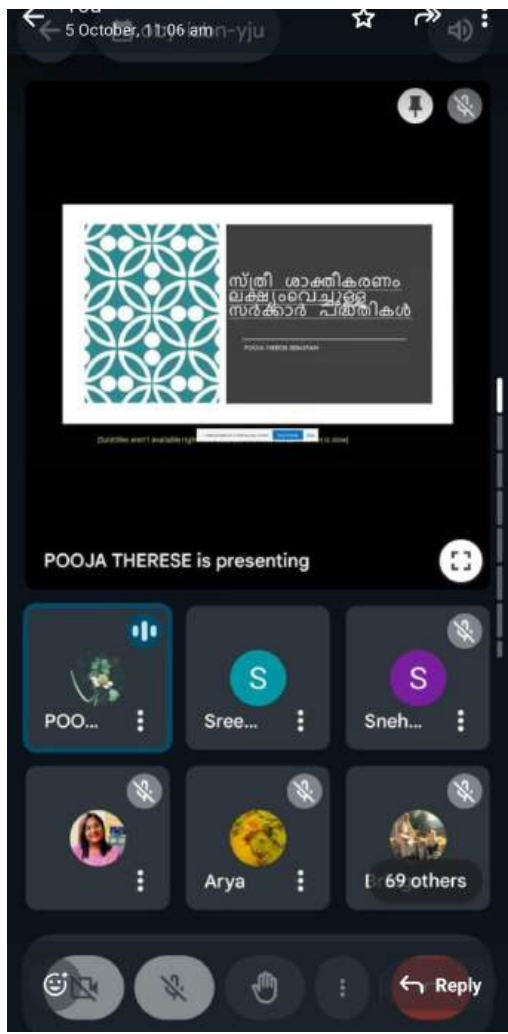
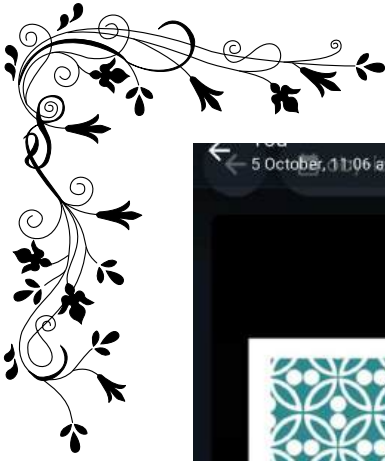
Sri.Paulson K F(Project Manager, AWC)

Smt. Sruthymol V S(Office Secretary,AWC)

Ms.Aileen Mariya Kuriakose (Student coordinator)



Pooja Therese Sebastian , II nd Year B.Ed. Studenut, English Education of St. Thomas College of Teacher Education Pala served as the resource person for National Webinar Series, Jagratha-2024, Community Awareness Programme for Rural Women Empowerment, a joint initiative of Archana Women Centre Ettumanoor and St. Thomas College of Teacher Education Pala. She took a session on “Government Schemes for Women Empowerment ” on 05/10/2024, 11 am to 12 pm. Around 70 people participated in the online webinar.



Session 8



NATIONAL WEBINAR SERIES
JAGRATHA-2024
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&
ST.THOMAS COLLEGE OF TEACHER EDUCATION, PALA



Day-8
28/12/2024
11.00am to 12.00pm

Lijo Augustine

"മനസ്സ് ഫിറ്റാക്കാം, മനസുവച്ചാൽ :മാനസിക ആരോഗ്യ സംരക്ഷണത്തിനുള്ള പ്രായോഗിക നിർദ്ദേശങ്ങൾ"

Conveners

Miss.Thresiamma Mathew
Director, AWC

Dr. Sr. Beenamma Mathew
Principal, St. Thomas College of Teacher Education


Programme Co-coordinators
Dr. Alex George (Co-ordinator, Extention Activities St.Thomas College of Teacher Edu.)
Sri.Paulson K F(Project Manager, AWC)
Smt. Sruthymol V S(Office Secretary,AWC)
Ms.Aileen Mariya Kuriakose (Student coordinator)


Lijo Augustine , II nd Year B.Ed. Student, English Education, of St. Thomas Co.llege of Teacher Education Pala served as the resource person for National Webinar Series, Jagratha-2024, Community Awareness Programme for Rural Women Empowerment, a joint initiative of Archana Women Centre Ettumanoor and St. Thomas College of Teacher Education Pala. He took a session on "Mental Health". Around 65 people participated in this webinar session.








Messages can be seen only during the call by people in the call

 Vinitha Praju 1 min
Super class
Thank you for the wonderful class


 aryamol pa 1 min
Thanku sir for this wonderful session 🙏🙏




 Dr Alex George Now
Great session.


 Ashna Varkey Now
The class was very informative, it helped to know how important mental health is and how to maintain it.
Thank you so much Lijo


Send message 


✕ In-call messages


 I THANKU SIR FOR THIS WONDERFUL SESSION 🙏🙏


 Dr Alex George 3 min
Great session.   +69


 Ashna Varkey 3 min
The class was very informative, it helped to know how important mental health is and how to maintain it.
Thank you so much Lijo


 Siny Joseph 1 min
good class 👍


 Sruthy Sujesh 1 min
Thank you for the fruitful session!

 JYOTHI ROY 1 min
Thank you for the engaging and informative class.

 aashathomas 1 min
Thank you sir for this wonderful session

 Alpha Alex Now
Very informative and mind full session. Thank you sir for the valuable class 🥰🥰

 Sukumari Now
മാനസിക ആരോഗ്യം എങ്ങനെ നേടാം എന്ന് വളരെ ലളിതമായി പറഞ്ഞു തന്ന sir nu നന്ദി

Send message 



Reflections



This webinar series gave me an opportunity to enhance my knowledge and also to boost my confidence. I was able to reserach more on the topic and that helped me to develop critical thinking and problem solving abilities.



This webinar helped to improve my abilities on oratory and gave me an idea of how to handle virtual crowd. This helped to build confidence and to foster interpersonal skills. It also promoted self-learning



This webinar has been a game changer. I was been into webinars but being a resource person that too in a virtual mode gave me novel experience. It gave me enough confidence to keep going.



I took a session on Mental Health and that gave me an opportunity for expanding my knowledge. I gathered the good spirit of confidence and it helped me to present my views before an aspiring crowd.



ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA
in collaboration with
ARCHANA WOMEN'S CENTRE



JAGRATHA NATIONAL WEBINAR SERIES

CERTIFICATE



This is to certify that *Mrs. Rini Joseph*, II year B.Ed. Student, Commerce Education, has taken a webinar on "*Rural Women: Backbone of Sustainable Livelihood*" on 17/08/2024 as part of Jagratha National Webinar Series, jointly organised by Archana Women's Centre Ettumanoor and St. Thomas College of Teacher Education Pala.

Prof. Dr. Sr. Beenamma Mathew
(Principal)

Dr. Alex George
(Teacher in charge)

Miss. Thressiamma Mathew
(Founder & Director, AWC)



ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA
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ARCHANA WOMEN'S CENTRE



JAGRATHA NATIONAL WEBINAR SERIES

CERTIFICATE



This is to certify that *Ms. Aileen Mariya Kuriakose*, II year B.Ed. Student, English Education, has taken a webinar on "*Self Care and Holistic Well-being*" on 21/09/2024 as part of Jagratha National Webinar Series, jointly organised by Archana Women's Centre Ettumanoor and St. Thomas College of Teacher Education Pala.

Prof. Dr. Sr. Beenamma Mathew
(Principal)

Dr. Alex George
(Teacher in charge)

Miss. Thressiamma Mathew
(Founder & Director, AWC)





ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA
in collaboration with
ARCHANA WOMEN'S CENTRE



JAGRATHA NATIONAL WEBINAR SERIES

CERTIFICATE



This is to certify that *Ms. Pooja Therese Sebastian*, II year B.Ed. Student, English Education, has taken a webinar on "**Government Schemes for Women Empowerment**" on 05/10/2024 as part of Jagratha National Webinar Series, jointly organised by Archana Women's Centre Ettumanoor and St. Thomas College of Teacher Education Pala.

Prof. Dr. Sr. Beenamma Mathew
(Principal)

Dr. Alex George
(Teacher in charge)

Miss. Thressiamma Mathew
(Founder & Director, AWC)



ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA
in collaboration with
ARCHANA WOMEN'S CENTRE



JAGRATHA NATIONAL WEBINAR SERIES

CERTIFICATE



This is to certify that *Mr. Lijo Augustine*, II year B.Ed. Student, English Education, has taken a webinar on "**Mental Health**" on 28/12/2024 as part of Jagratha National Webinar Series, jointly organised by Archana Women's Centre Ettumanoor and St. Thomas College of Teacher Education Pala.

Prof. Dr. Sr. Beenamma Mathew
(Principal)

Dr. Alex George
(Teacher in charge)

Miss. Thressiamma Mathew
(Founder & Director, AWC)



Conclusion

The National Webinar Series of Jagratha was a skill polisher that promoted oratory, confidence and analytical abilities of students. Attending those classes was an effective way to enhance the knowledge spectrum. Being the resource persons proved effective as it promoted commitment of teacher trainees towards society. They were able to handle socially relevant issues with comprehensive outlook. The webinar series polished the realm of 'quality education' of teacher trainees. It enhanced the technological competence of students as well. They were able to use innovative PPTs to make their classes more appealing. The audience of each session could obtain maximum benefit of the same and they participated effectively in the discussion session and feedback session. Thus this proved effective in all aspects.

